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An exercise machine comprising
a support frame having a base and side portions;
a seat portion pivotally mounted on said support frame;
a back rest portion hinged to said seat portion;
a calibrated adjustment lever for setting the seat
portion at one of a plurality of preselected positions at
different distances from the base portion of said support frame;
the end of said back rest portion connected to said
seat portion moving along with said seat portion to bring said
back rest portion towards a vertical position;
a pair of opposing levers connected together at one
end, said levers having supports thereon for supporting weights;
and
handles mounted on the other ends of said levers for
use in grasping the levers.

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The machine of claim 1 and further including means for
selectively adjusting the heights of said levers above the base
portion of the support frame.

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The machine of claim 1 and further including means for
selectively adjusting the lengths of said handles.

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The machine of claim 1 wherein said levers extend away from each other at an angle of approximately 35 degrees.

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The machine of claim 1 wherein said levers are pivotally supported on said frame.

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The machine of claim 1 wherein said levers are connected by means of swivel brackets.

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The machine of claim 1 wherein said handles are removably mounted on said levers with a mount permitting adjustment of the length of the handles and the axial positioning thereof in one of two positions 180 degrees apart.